


Arthritis Today

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SOFT TISSUE SWELLING IN ARTHRITIS

When a knee, or any other joint swells, it does not mean that extra fluid is in the knee. Your knee can become twice its size, yet when the doctor examines you, he will not draw out any fluid.


What is the source of the fluid, and how does the doctor know how it is present?

The tissues around a joint exclude not only cartilage, but ligaments, tendons and joint lining cells. Inflammation of these elements causes edema, an increase in the water content of the individual cells. These bloated tissues, being in a confined space, become painful.

Your doctor can detect when your knee or ankle is fluid filled, by palpation of these tissues. When there is extra fluid in the joint, the site being evaluated quickly retracts and then rebounds with a slow return to an expanded state. When edema is present, palpation of the joint gives the examiner a sense of boggy tissue.

Treatment for joint swelling resulting from edema differs from treatment when the excess fluid is present when there is a fluid in a joint, your physician will drain the knee.

When there is swelling of the joint then the answer is not water pills. Rather, the physician will prescribe anti-inflammatory medication, used daily and in conjunction with rest and the application of heat.



Physical Therapy & Sports Medicine


By ROYAL W. POSE, P.T., A.T.C., M.S.

A SPUR TO ACTION

Heel pain is a problem which often leads to conservative treatment. In fact, the cure rate for heel pain stands at 95% within a year after such measures as physical therapy are applied. About half of those with heel pain have a bony spur, with at the bottom of their heel bones known as a heel spur. While this 1/2 to 1 1/2 inch growth is often found at the bottom of the heel, the real cause is an inflamed plantar fascia, the wide piece of connective tissue running from the heel to the toes at the bottom of the foot. Plantar fasciitis sufferers report that their pain is worse in the morning, after the foot has rested and the plantar fascia has contracted and tightened. By stretching the foot to keep it extended and stretch the plantar fascia, pain may be eventually halted.


Physical therapy is a form of health care that prevents, identifies, corrects and alleviates dysfunctions of anatomic or physiologic origin. The primary objective of physical therapy is to promote optimum human health and function. To schedule a consultation, call MILLER PHYSICAL THERAPY & SPORTS MEDICINE, P.C. at (313) 478-7930, or see us weekdays by appointment at 13360 Eight Mile Road, Suite A, Farmington Hills. As a viable alternative to hospital physical therapy programs, we provide cost-effective therapy with no sacrifice in the quality of patient care.

P.S. Plantar fasciitis is also helped by using anti-inflammatory medications, and cuba to support the fat pad under the heel.



Dentistry in the 90s

by Herbert M. Gardner, D.D.S. & Martha P. Zinderman, R.N., D.D.S.



DON'T PASS ON THE MOUTHGUARD

Youngsters who play basketball have as much reason to protect their teeth as they do to defend against their opponents. According to a recent study by the Illinois Department of Public Health in Springfield, blows to the mouth, teeth and jaws comprise 13% of the injuries sustained by the basketball players studied who played without mouthguards. By comparison, fewer than 1% of their football-playing counterparts suffered these types of injuries because they wore mouthguards and faceguards. On the basis of these numbers, young sports players are encouraged to wear mouthguards when participating in high-contact sports such as basketball, soccer, wrestling, or field hockey. Those who find commercial mouthguards to be uncomfortable should ask their dentists about fabricating custom-fitted mouthguards. Winning and losing at team sports should not involve tooth loss.

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Fear from page 1A

that should the province separate, it would not be allowed to use Canadian money as its currency nor have representation in Ottawa, the federal center of government. But there is some confusion over whether French Quebec is getting that message from English-speaking Canada.

The separatist momentum is fueled by Lucien Bouchard, the burly leader of the Bloc Quebecois. Bouchard has been traveling the province with his message of separation to preserve the French culture and language. He is seen by the unity forces as playing on emotion while ignoring economic consequences.

"Quebecers are taking money out of banks. They're putting it in Ontario or the U.S.," said Laurette Beaudoin Klier, a Farmington Hills resident from Quebec City.

She listens incessantly to French radio from Windsor and is so distressed about the referendum, she decided to travel to Quebec last week to be with her family there.

Living in the past
"I am torn apart," she said.

"People of the older generation are living in the past. They don't turn the page. They hate English Canadians for things that occurred 100 years ago. That's what they teach the new generation."

"Canada made a serious mistake by not taking French Canadians seriously when they talked about separation. The French saw it as apathy — they don't care about us."

"The government of Quebec doesn't offer a platform. It has not prepared a constitution. What will happen to the social programs? With the economy? My country is falling apart and they are going to suffer."

Bernie Gignac of Farmington Hills thinks the majority of voters in Quebec will decide to stay in Canada.

"I think calmer heads will prevail," said Gignac, who was raised in a large French Catholic family in the town of Lasalle, Ontario, just south of Windsor.

"It makes no sense economically or socially. It's like cutting off your nose to spite your face."

Gignac noted that while growing up in Lasalle, a predominant-

ly French town, the local Catholic church was the center of the community, as is the case in many rural towns in Quebec today.

Church quiet

"I'm a little miffed that the church hasn't been a more vocal opponent (of separation) in Quebec," he said. "The church has never been afraid to get involved politically."

Robert Picard of Farmington Hills can see both sides.

"The language issue has always been a big problem between the province and the rest of the country," said Picard, a Montreal native in his hometown as well as Quebec, Toronto and Detroit.

"I can see the distinct society issue. But I think it's sad in a way. I have a gut feeling the referendum will go through."

Although his family lives in Quebec, Picard hasn't asked them how they will vote today.

"It's their prerogative," he said. "I have my own worries with my government. But it's unfortunate. Canada is a beautiful country."

Glued to TV

Edith Rydman, back five years now after living in France for 20 years, bought a television set so she could follow the referendum on Canadian TV.

"Bouchard hasn't thought it through regarding currency, passports or trade. You know what's unfortunate? We're right on the (Canadian) border and no one sees this or cares. That bothers me."

"And there is existing capacity at the Pontiac (waste water treatment) plant," Blaisell said. "I don't think they took enough time to look at that option."

Blaisell and City Attorney John Donohue will attend the hearing in Lansing Wednesday that will lay out the procedure for an administrative law hearing on the proposed expansion to 8.5 million gallons.

Blaisell said that has nothing to do with any plan to expand to the 5 million gallon limit.

"If we see them advertising (for bids on 5 million gallon expansion), we will consider what options we have, be it an injunction or something else, to stop it," Blaisell said.

Fight from page 1A

"We'd just like to see a better solution."

City officials and residents

have complained that the increase in effluent will take water from the Huron drainage system, treat

it, and then dump it into the Rouge system, possibly causing flooding problems. And if there

are accidents, the already polluted Rouge will have more degradation.

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